

How to Use A Breath of Life: Asthma Control for My Child Video With Parents



Step 1: Get Ready!

Video Details

The *A Breath of Life* video shows how Jose, his parents, a doctor and a nurse, a promotora, a teacher, a school nurse, and a soccer coach work together to help Jose control his asthma.

The video is in Spanish and captioned in English and Spanish, and is divided into 4 parts:

1. Asthma and How to Control It
2. How to Use an Inhaler
3. Asthma Action Plan
4. Asthma Triggers

This 15-minute video was created by the National Heart, Lung, and Blood Institute of the National Institutes of Health to help community health workers and promotores to teach parents about asthma control.

Get the Video

Link to these sites:

- **YouTube:** <http://www.youtube.com/watch?v=pGUo-3-R8wk&list=PLOFOEB0E04EAF7330>
- **NHLBI Health Topics Video Page:** http://www.nhlbi.nih.gov/health/health-topics/videos/#section_A

Order your own DVD:

- **NHLBI Online Catalog:** <http://catalog.nhlbi.nih.gov/catalog/home>
- **By phone:** Call the NHLBI Health Information Center at 301-592-8573 (or dial 7-1-1 for Telecommunications Relay Services (TRS)), between 10 a.m. and 4 p.m. ET, Monday through Friday
- **Mail:** P.O. Box 30105, Bethesda, MD 20824-0105

Equipment Needed:

- Any Internet capable device (smartphone, computer, tablet)
- Projector and screen (if sharing with a large group)

Be sure to test your Internet connection and equipment connections before sharing the video with parents. This way you can handle any technical difficulties ahead of time.

Where to Show the Video

There are many ways to share this video with parents or groups of parents. Ideas include:

- During a workshop or class
- During home-visits
- In the waiting room or lobby
- At health fairs
- During parent and community meetings

Additional Resources

- **NHLBI website:** <http://www.nhlbi.nih.gov/health/healthdisp/>
- **NHLBI Health Topics Asthma Page:** <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/>
- **Asthma Tip Sheets:** http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_tip-sheets.htm



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National Institutes of Health
National Heart, Lung, and Blood Institute

Step 2: Go!

Pre-Video Activity

Have parents discuss in pairs what they have heard or know about:

- Asthma
- Using inhalers
- Asthma medicines
- An asthma action plan
- Asthma triggers
- An asthma care team

If needed, ask questions to get the parents started. For example:

- What kinds of things do your family members or friends say about asthma?
- How do you feel about asthma medicines?
- How have you seen parents manage their child's asthma?

Tell parents it is ok if they do not know about some or all of the topics. They are not being tested. This simply provides a way for them to talk about asthma before watching the video.



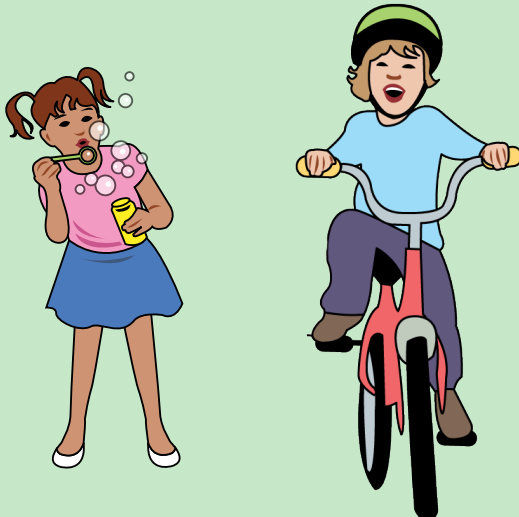
Watch the Video

Option 1: Watch the Video Without Pausing

1. Watch the entire video without pausing between segments.
2. Ask parents to form groups of 2-4 people. Encourage parents to work with people they do not know or know well.
3. Ask groups to take 10 minutes to do the **Inhale** and **Exhale** worksheets.
4. Get back into a large group and go over the **both** worksheets. Clarify answers written on them. Answer questions parents may have.

Option 2: Pause After Each Segment

1. Ask parents to form groups of 2-4 people. Encourage parents to work with people they do not know or know well.
2. Watch the video. Pause after each segment and have the groups spend 5-10 minutes discussing the segment they just watched. The video segments are:
 - Asthma and How to Control It
 - How to Use an Inhaler
 - Asthma Action Plan
 - Asthma Triggers
3. If time permits, have the groups answer the questions on the **Inhale** worksheet after each segment. Briefly have groups share their answers.
4. After finishing the video, ask groups to take 5-10 minutes to do the **Exhale** worksheet.
5. Get back into a large group and go over the **Exhale** worksheet. Clarify answers written on the worksheet. Answer questions parents may have.



Inhale Worksheet for Parents

Write down key information you learned

	Some things that caught my attention in this part of the video include:	What happened in this part of the video is like my life in these ways:	Things I want to know more about or have questions about:
Asthma and How to Control It			
How to Use An Inhaler			
Asthma Action Plan			
Asthma Triggers			

Exhale Worksheet for Parents

Write down how you plan to use what you learned

1. My child's asthma symptoms are:
2. These are the steps I would teach my child to use an inhaler:
3. If a friend asked me, "Why is an asthma action plan important?" this is what I would say:

4. This is what I learned about asthma triggers (the things that bring on your child's asthma symptoms):

These are Jose's asthma triggers:	These are my child's asthma triggers:

5. Having an asthma care team can help us control our child's asthma in different ways.

These are people who are on our team already:	These are people I want to get on our team:

6. I'm ready to take action like Esperanza and Alberto did! This is what I plan to do:

When I get home:	In the next week:	In the next month:	In the next 6 months:



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